

# Overnight Oats

Overnight oats can be a quick and healthy start to your day! You can customize any way you like for a delicious breakfast that is rich in fiber, antioxidants, and calcium



## Directions

- ✦ **Step 1:** Start with ½ cup of quick oats
- ✦ **Step 2:** Add ½ cup to ¾ cup milk of choice
- ✦ **Step 3:** Add favorite fruits
- ✦ **Step 4:** Select your add-ins
- ✦ **Step 5:** Refrigerate overnight and Enjoy!

## Milk

Dairy	Oat	Rice
Soy	Cashew	Coconut
Almond	Lactose-free	

## Fruit

Strawberries	Banana	Pineapple
Blueberries	Apple	Peaches
Mango	Coconut	

## Add-ins

Chia seeds	Peanut Butter	Nuts
Vanilla	Honey	Nutmeg
Cinnamon	Maple Syrup	

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